



SELF CONFIDENCE AMONG SENIOR SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR ACADEMIC PROCRASTINATION

Dr. Neeru Rathee¹ | Sheetal²

¹ Assistant Professor, Department of Education, M.D.U., Rohtak.

² Research Scholar, Department of Education, M.D.U., Rohtak.

ABSTRACT

The purpose of this study is to investigate the issue of Self Confidence and its relationship with Academic Procrastination among senior secondary school student. The investigator has taken a sample of 60 school students. Random sampling technique is used in this study. Self Confidence test by Dr. (Miss) Rekha Agnihotri and Academic Procrastination Scale by Dr. Ashok K Kalia is used as tool. We found that there is a positive correlation between Self Confidence and Academic Achievement.

KEYWORDS: Self Confidence, Senior Secondary School Student, Academic Procrastination.

Introduction

Self Confidence

Confidence is learned, it is not inherited. If you lack confidence, it probably means that, as a child, you were criticized, undermined, or suffered an explicable tragic loss, for which you either blamed yourself or were blamed by others. A lack of confidence isn't necessarily permanent but it can be if it isn't addressed. Our religion, the influence of the culture which formed our perspectives, our gender, social class and our parents, in particular, are all factors which influence and contribute to our level of confidence.

Confident people have deep faith in their future and can accurately assess their capabilities. They also have a general sense of control in their lives and believe that, within reason, they will be able to do what they desire, plan and expect, no matter what the foreseeable obstacle.

Self Confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity. In the words of Basavanna (1975), "Self Confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."

Having self-confidence does not mean that individual will be able to do everything. Self-confident people may have expectations that are not realistic. However even when some of their expectations are not met, they continue to be positive and to accept themselves.

Academic Procrastination

According to an Educational Science professor, Odaci, academic procrastination is a significant problem during college year in part because many college students lack efficient time management skills in using the internet. Also Odaci notes that most colleges provide free and fast twenty four hours internet service which some students are not usually accustomed to, and as a result of irresponsible use or lack of firewalls these students become engulfed in a world of procrastination.

"Student Syndrome" refers to the phenomenon where a student will begin to fully apply himself or herself to a task only immediately before a deadline. This negates the usefulness of any buffers built in to individual task duration estimates. Results from a 2002 study indicate that many students are aware of Procrastination and accordingly set binding deadlines long before the date for which a task is due. These self-imposed binding deadline are correlated with a better performance than without binding deadlines though performance is best for evenly spaced external binding deadlines. Finally, students have difficulties optimally setting self-imposed deadlines, with result suggesting a lack of spacing before the date at which results are due.

Procrastination is considerably more widespread in student than in the general population, with over 70 percent of student reporting, procrastination for assignment at some point. A recent panel study from Germany among several thousand university student found that increasing academic procrastination increases the frequency of seven different forms of academic misconduct, i.e., using fraudulent excuses, plagiarism, copying from someone else in exams, using forbidden means in exams, copying part of homework from others, fabrication or falsifica-

tion of data and the variety of academic misconduct.

Literature Review

Feldman (2006), in his article, 'Discovering the life span', writes that, during middle childhood, children spend less time with their parents. Sibling becomes an important influencing force, for good and for bad. Although brothers and sister can provide support, companionship, and security, they can also be a source of strife. Sibling rivalry can occur, especially when the siblings are the same sex and similar in age. He further in his article views with disproving the stereotype that only-children are spoiled and self-centered, they are as well-adjusted as children with brothers and sisters. In fact, in some ways, only-children are better adjusted, with higher self-esteem and stronger motivation to achieve. The time alone also gives children a chance to focus on homework and school or personal projects.

Ji Won Yu (2015) this study aimed to investigate the effect of academic procrastination on e-learning Course achievement. Because all of the interactions among students, instructors, and contents in e-learning environment were automatically recorded in a learning management system (LMS), procrastination such as the delays in weekly scheduled learning and late submission of assignments could be identified from log data. Among 569 college students who enrolled in an e-learning course in Korea, the absence and late submission of assignments were chosen to measure academic procrastination in e-learning. Multiple regression analysis was conducted to examine the relationship between academic procrastination and Course achievement. The result showed that the absence and late submission of assignments were negatively significant in predicting course achievement. Furthermore, the study explored the predictability of academic procrastination on course achievement at four points of the 15-week course to test its potential for early prediction. The results showed that the regression model at each time point significantly predicted course achievement, and the predictability increased as time passed. Based on the findings, practical implications for facilitating a successful e-learning environment were suggested, and the potential of analyzing LMS data was discussed.

Hooda M. and Saini A. (2016) Procrastination means to put off a postpone for another day procrastination effects the behavioral, psychological, health of students. Academic procrastination is a form of procrastination peculiar to education. Milgram Batin & Mower (1993) reported that a common form of academic procrastination among students is waiting until the last minute to turn in paper or to study for an examination. Due to skill deficits lack of motivation, fear to failure or success people do procrastination. This article throws light on academic procrastination, causes of procrastination and different strategies to overcome academic procrastination.

RATIONALE OF THE STUDY

In the present study, focus is on self confidence among adolescent students in relation to their academic procrastination. Senior secondary school students are considered as the most productive members of the society, due to their physical and intellectual capacity, Global and social changes have influenced the lives of senior secondary school and these changes are likely to affect them in future as well.

Self confidence among senior secondary students has made their lives very high. If the senior secondary school students are full confident they can do their work properly. Those students who are full of confidence often postpone their work for

tomorrow due to some reason. It means there is a relationship between self-confidence and academic procrastination. There is a dearth of studies of self-confidence in relation to academic procrastination. The investigator has scanned the available literature and found that very few studies are available. Some of the studies depict significant difference of self-confidence of adolescent in relation to academic procrastination while other shows no difference. The present study is an attempt to verify the above result.

STATEMENT OF THE PROBLEM

SELF CONFIDENCE AMONG SENIOR SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR ACADEMIC PROCRASTINATION

METHODOLOGY USED

Descriptive survey method is used in the present study

SAMPLE

Sample of 60 senior secondary school students is taken for the study.

Tools used

Self Confidence test by Dr. (Miss) Rekha Agnihotri.

Academic Procrastination scale by Dr. Ashok K Kalia.

**Table
Self Confidence**

N	MEAN	S.D.
60	33.9	7.51

Through the above table I found that Self Confidence student's mean is 33.9 and S.D. is 7.51

Academic Procrastination

N	MEAN	S.D.
60	52.3	10.38

In this table I found that Academic Procrastination student's mean is 52.3 and S.D. is 10.38

Relationship between self-confidence and academic procrastination

N	CORRELATION
60	0.166

Through the above table we found that senior secondary school student's Self Confidence mean is 33.9 and S.D. is 7.51 and Academic Procrastination mean is 52.3 and S.D. is 10.38. Correlation between Self Confidence and Academic Procrastination is 0.166. As a result we found that there is a positive correlation between Self Confidence and Academic Procrastination.

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